

Celebrity pg 14

Triangle of love had Gisele confused over Tom



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EASY MONEY WEEKDAYS
@ 8:13, 12:13 & 4:13

Chicoutimi sub headed for B.C.

FIRE HMCS Chicoutimi will soon be headed west.

CBC reported last night the submarine, which suffered a fatal fire on its maiden voyage in October 2004, will leave Halifax for British Columbia this week.

CBC said the navy will load the submarine aboard a vessel tomorrow if the seas are calm enough.

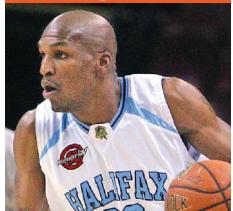
It was announced in 2007 that a B.C. consortium won the contract worth \$1.5 billion to maintain the country's four Victoria-class submarines.

Shortly after, Irving Shipyards launched a lawsuit.

CBC said the navy was not speaking about the submarine's departure from Halifax.

METRO HALIFAX

Sports pg 11



Rainy recap:
Where did it all go wrong?

Health pg 12

Energy drinks not healthy

Sunny Side pg 3



Free coffee on April Fool's Day

Comment pg 6

Tories need a lifeline now too

Alcohol Prices on the rise



A customer walks past a Nova Scotia Liquor Commission sign on Quinpool Road in Halifax yesterday. The NSLC is raising prices on 990 products, mostly beer and spirits. **Story, pg 2**

Prisoner released from jail by mistake

JENNIFER TAPLIN
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JAIL A prisoner from the Burnside jail was mistakenly released due to a paperwork error last week.

The Department of Justice sent out a statement late yesterday notifying the public that Chancellor Faulkner, 19, was released after a court date on March 24.

He should have returned to the Central Nova Scotia Correctional Facility in Burnside, it said.

"He was sentenced for one day which the judge deemed was served by being in court that day and so he left," said Department of Justice spokeswoman Sherri Aikenhead.

"Unfortunately his paperwork should have indicated he return to the Central Nova Scotia Correctional Facility in Burnside." While sentenced on the one charge, he was facing several others and was supposed to be remanded until his next court appearance on April 23.

A routine audit of files found the error and the police were notified yesterday afternoon.

He was the 10th prisoner in the province to be mistakenly released in the last three years.

"We are doing an investigation to find out exactly how this occurred and we will know more about this in the days ahead," Aikenhead said.

In December, the department was given 51 recommendations to improve its prison system and she said the department is working on it.

"We've been focusing on admissions and discharges in the past few months," she said.

"One mistaken release is too many and we're doing our utmost best to make improvements."

Infusing Halifax

Fusion Halifax implores city to fight harder to keep graduates

JENNIFER TAPLIN
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As 300 business leaders gathered to talk about the global recession's impact on Halifax yesterday, a major theme emerged: the crucial impact of the city's young people.

Keeping young talent in Halifax will help the municipality weather economic turbulence, said Alyson Queen of Fusion Halifax. She was one of several speakers at a forum hosted by Mayor Peter Kelly yesterday.

"We collectively need to get young people to see Halifax as their No. 1 choice because right now they don't," Queen said. "It's not just a 'nice to do'

"We collectively need to get young people to see Halifax as their No. 1 choice because right now they don't."

Alyson Queen, Fusion Halifax

because cities that act, attract."

In a recent survey by Fusion, 75 per cent of respondents in the 20 to 40 age category said they'd stay in Halifax for the right opportunity, but 65 per cent said they didn't believe Halifax offered long-term career possibilities.

"We're in a war for talent, and with Internet and increasing technology, that war is global," she said.

There are ideas on how to engage young people — like installing youth advisory

committees in all levels of government — Halifax just needs to get creative and experiment, she said.

"In a city that sometimes gets caught on talking about doing things rather than actually acting on them, are we willing to step up?"

University students — who inject \$300 million into the HRM — are an "economic jewel" of the local economy, said Kathryn Laurin of Mount Saint Vincent University.

"And during times of

economic challenge, universities tend to be less vulnerable to the swings in the business cycles," Laurin said.

She then challenged the business leaders in the room to take another look at their job-wanted ads.

"Why are we always asking for three to five years experience for every job? What message does that signal to our graduates?"

Other speakers yesterday said the country, and the HRM, is in good shape to ride out the economic storm.

Tammy Holland of the Royal Bank said the HRM should emerge "relatively unscathed" and that Nova Scotia is positioned well compared to Ontario or Alberta.

Local



Local series set to hit airwaves

Remedy Me!, a new documentary series from the Halifax-based company Creative Communications Atlantic Ltd., will debut on the W Network on Tuesday, April 7 at 9 p.m. The series follows those who suffer from odd or embarrassing illnesses as they explore the world of alternative medicine. Topics include gas, snoring and overactive bladders.

METRO HALIFAX

Beer prices up, but wine down

Overall price increase by liquor vendors lower than past years

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It might be enough to drive you to drink — if you can afford it.

The price of booze in Nova Scotia crept up yesterday by about 50 cents to \$1 for most brands. In total 990 products saw an increase, predominantly beer and spirits.

However, 344 products went down in price at the same time — notably wine and scotch. Added all together it works out to an overall average increase of 0.74 per cent.

The Nova Scotia Liquor Commission allows vendors to adjust their prices twice per year, once in spring and once in the fall. "That's how they deal with all their business issues from where they want to price themselves com-



The Nova Scotia Liquor Commission raised its prices for the majority of its product yesterday, with beer seeing the biggest increase at 2.2 per cent.

petitively," said NSLC spokesman Rick Perkins. "We don't do across-the-board price increases. We haven't done those in a

long time. We allow the manufacturers to set where they think their price should be."

Beer saw the biggest

jump at 2.2 per cent, or an average of 50 cents to \$1. The most popular product, a 12-pack of Keith's, jumps from \$20.49 to \$20.99.

Spirits went up 0.7 per cent. For example, a 750 ml bottle of Captain Morgan rum went up from \$25.99 to \$26.99.

But some price drops were significant, particularly in California wines. All bottles of Sterling wines have fallen from \$19.86 to \$14.99. A three-litre box of Gallo chardonnay drops from \$35.66 to \$29.99.

Single malt scotch lovers also benefit. A 750 ml bottle of 12-year-old Glenlivet has gone from \$42.99 to \$39.99.

The overall price increase of 0.74 per cent is actually lower than the usual spring increase of two to three per cent.

"Everyone's energy prices have gone up. Labour prices are going up. But there's a limit to what the market and this economy can bear right now," Perkins said.

Teen facing attempted murder charge

PHILIP CROUCHER
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ARREST A 15-year-old male is facing a charge of attempted murder while police continue to search for a second youth suspect after another 15-year-old boy boarded a Metro Transit bus Sunday night suffering from multiple stab wounds to the abdominal area.

Investigators believe the assault was the work of two youth males and took place while the victim was waiting for his bus. They suspect the motive was robbery.

The arrested youth was taken into custody yesterday morning. He was later charged with attempted murder, robbery and possession of a weapon for the purpose of committing an offence. He will be in court to face these charges today.

Police say they have a second suspect, but they were still trying to locate his whereabouts as of press time last night.

Bus driver suspended for alleged harassment

PAUL MCLEOD
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OUTRAGE A Metro Transit bus driver has been suspended for allegedly harassing a Muslim couple three weeks ago.

Witnesses said the driver refused to allow a Muslim woman and her husband onto a Metro Transit bus because the woman was wearing a headscarf that concealed her face.

After news reports prompted outrage from the public and Muslim groups, Metro Transit suspended the driver with pay while an investigation was on going.

The investigation is

now complete and the driver is suspended. But Metro Transit wouldn't release any more information.

"We don't discuss the specifics of our disciplinary actions. However, I can say that investigation was conducted and concluded and the operator is currently off," said Metro Transit spokesperson Lori Patterson.

Patterson wouldn't say if the suspension was paid or unpaid. Metro Transit is still investigating another incident involving a driver stopping his bus to club a fake seal in front of protestors. That driver is currently on paid suspension.

NSPIRG funding battle heats up

PAUL MCLEOD
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STUDENTS A group of Dalhousie University students is trying to strip an activist organization of its funding.

Students automatically pay \$4 per year on top of their tuition to the Nova Scotia Public Interest Research Group, unless they opt out.

It's been this way for 20 years, but a group called Stop NSPIRG is trying to take the funding away, and the feud has taken on distinctly political undertones.

The protesting group says NSPIRG is too left-wing to represent all students, while some in NSPIRG say the other group is part of a right-wing smear campaign.

The two sides met yesterday at an NSPIRG press conference.

Speakers ranged from students to Halifax NDP MP Megan Leslie, all defending NSPIRG's value to the community. Prof. John Cameron presented a letter co-signed by 24 faculty members who had taken the unusual step of wading into student politics.



Halifax MP Megan Leslie speaks at the Nova Scotia Public Interest Research Group press conference yesterday at Dalhousie University.

"NSPIRG is far more than a student organization," read the letter.

"It's played an important role in conducting and disseminating research on issues related to environmental and social justice."

Stop NSPIRG members were in the audience but not allowed to ask questions. Moderators said there would be no question period because it was an information session and they didn't want to build tensions.

Stop NSPIRG member

Paige MacPherson said their position was misrepresented. She said they don't want to shut down NSPIRG, just have them apply for funding from the student union like most societies.

"We're trying to hold them accountable for their use of funding. This is about money, really," MacPherson said. "We recognize that NSPIRG does a lot of great things. They also do a lot of things we don't consider to be great. They don't represent all the views of every Dal student."

Police seek pair in daylight robbery

SUSPECTS A man was assaulted and robbed by two male teens yesterday morning as we walked on Scott Street in Halifax.

One of the suspects punched the victim in the right side of the face during the incident at 10:41 a.m. The victim's wallet was then stolen and the two suspects ran away on foot.

Both suspects are described to be in their mid-teens and were wearing hoodies and dark pants.

METRO HALIFAX

News in brief

ARREST A 45-year-old male was arrested for break and enter after laundry rooms in five separate apartment buildings on Jackson Road and Primrose Street in Dartmouth were broken into Sunday night. The 45-year-old has also been charged with possession of break and enter tools.

DRUGS A hang-up 9-1-1 call at a residence on Terrace Bay Road led to the discovery of a marijuana grow operation inside the home this past weekend. The HRM Integrated Drug Section later seized 1,400 grams and three pounds of marijuana cropped and packaged for sale. **METRO HALIFAX**

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What's online today.

Video Victims' families hold purification ceremony as Robert Pickton appeal begins at metronews.ca/canada

Your Money

Allan Small on the hazards of easy access to investment advice at metronews.ca/investing



Midwifery Coalition hosting lecture by Boston women's health group founder

The Midwifery Coalition of Nova Scotia is hosting a public talk by Judy Norsigian, executive director and co-founder of the Boston Women's Health Book Collective, on April 6 at 7 p.m. Norsigian is speaking at the Rosaria Student Centre at Mount Saint Vincent University. **METRO HALIFAX**

Group slams delay in Wilderness Area site designation

NATURE The Eastern Shore Forest Watch Association is concerned about what it calls the provincial government's delay in designating Wilderness Area status to Ship Harbour Long Lake.

The 14,000-hectare wilderness area in the eastern region of HRM is mostly without roads. By getting the Wilderness Area status, the site would be permanently protected from development and industrial activities such as logging and mining.

The group issued a press release yesterday noting that in December 2007, Premier Rodney MacDonald announced the government's intention to protect the area with the Wilderness Area designation, with a completion date of last December. That deadline has passed, and association members are "puzzled" the process is overdue "with no firm designation in site."

Bruce Nunn, a provincial spokesperson for the Department of Environment, said yesterday designating a site a Wilderness Area is a "very busy process."

He said the next step is a 60-day public consultation on the boundary areas. After that, it will need cabinet approval.

PHILIP CROUCHER/METRO HALIFAX

News in brief

SCAM Another telephone scam making the rounds in Cape Breton tries to convince consumers or businesses to help them forward a phone call. If a person does, they will be hit with hefty long-distance or collect call charges. The scam is referred to as the "72 # or *72" scam. These are the telephone codes commonly used to forward phone calls in North America. Some business telephone systems may use the code "90#."

METRO HALIFAX

An Uncommon coffee giveaway

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Just for the record, this is no April Fool's Day joke.

Halifax's Uncommon Grounds will be giving away one free coffee to each customer all day tomorrow. One medium-sized coffee valued at \$2.15 — taxes in — is there for the taking at any of their four Halifax locations.

It's all being done, according to owner Gordon Stevens, to bring some good news to Haligonians and "make people smile." "We really want to give (the media) something good to write about ... not all the gloom and doom news out there," he said yesterday. "It's April Fool's Day on us."

In a press release, the company refers to the move as its economic stimulus plan for the citizens of Halifax. They also announced it as free coffee for all of April, but came clean near the bottom of the release that they were pulling an April Fool's Day joke and it was for tomorrow only.

"I'm planning on between 2,000 to 3,000," Stevens said to how many coffees they'll give away for free.

While not charging for that first coffee, Uncommon Grounds is taking donations all day for the Arthritis Society of Nova Scotia.

SunnySide



Uncommon Grounds owner Gordon Stevens is giving away one free cup of coffee to each customer wanting one at his four Halifax locations tomorrow for April Fool's Day.

Weather A very blustery day



A woman battles through strong winds while walking in downtown Halifax yesterday afternoon. It was windy and wet throughout HRM as strong winds and rain persisted all day.

Complaints to ombudsman up 20%

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Complaints about government services increased by 20 per cent in the past year.

The Office of the Ombudsman, which investigates and logs citizen's complaints, released its annual report yesterday. In the 2007-2008 fiscal year, there were 2,251 complaints. There were 1,801 in 2006-2007.

The report said gaming,

environment, youth and corrections were the dominant issues.

The number of complaints from seniors also rose to 43 in the past fiscal year from 25.

More Nova Scotians are aware of the ombudsman because of a number of outreach sessions held around the province in the last year: A pilot project collected input from young people about how they access government services. An outreach program for seniors found the best ap-

proach was to educate families and caregivers on how the office works.

"We're pleased that there has been greater awareness and use of the Office of the Ombudsman during this past year," said Dwight Bishop, ombudsman, in a statement yesterday.

Two investigations of disclosure and wrongdoing resulted in recommendations for policy development, and another investigation led to a finding of wrongdoing.

HRMbyDesign should be greener: EAC

ENVIRONMENT Halifax's development plan isn't green enough, says the Ecology Action Centre.

The EAC wants greenhouse gas reduction targets written into HRMbyDesign, but the city says it has to wait for the province.

Currently there are no hard standards for lowering greenhouse gas levels

in the plan. The EAC wants a bylaw on emissions, energy efficiency, water conservation and sustainable building practices.

HRM planners say they have to wait for the province to change the building code before such rules could come into effect.

The EAC disagrees, citing the new Halifax Regional

Municipality Charter. Under section 197, council has the power to make by-laws involving "the health, well being, safety and protection of persons." The EAC says their changes would fit that definition.

HRMbyDesign has not been finally approved by council.

PAUL MCLEOD/
METRO HALIFAX

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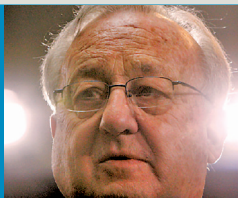
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The number of deaths in Canada caused by major cardiovascular disease has been declining just as the number of deaths caused by cancer has been increasing, according to Statistics Canada, and the change is being felt most dramatically among men. **CBC NEWS ONLINE**

Canada



Schreiber probe underway

Lobbyists aggressively pushing to build an armoured vehicle factory in Cape Breton claimed high-profile political backing for the project, including the support of then prime minister Brian Mulroney, an inquiry has heard. A long-awaited probe of the dealings between Mulroney and arms dealer Karlheinz Schreiber, left, got underway yesterday looking at the proposal that members of Mulroney's cabinet were pushing hard to get built. **TORSTAR NEWS SERVICE**

Hitched to ditched

Man tries to sue government after marriage fizzles

A Brampton, Ont., man is attempting to launch a class-action lawsuit against the federal government for failing to investigate and deport foreigners who allegedly trick Canadians into marriages of convenience.

It is unknown how many cases there are nationally, but Immigration Canada's branch office in Mississauga has about 600 files on immigration fraud cases, and a lack of staff has created a major investigative backlog.

Saranjeet Benet, a 37-year-old electrician, and his father, Sampuran Benet, founded Canadians Against Immigration Fraud, and are asking the Federal Court of Canada for permission to pursue a

class-action lawsuit on behalf of Canadian sponsors who married foreigners in good faith but were jilted and end up with emotional scars and financial losses.

"We are not asking for money," said Sampuran Benet, whose Toronto-based non-profit organization boasts 100 members across Canada.

"We just want the government to investigate, take action and deport those who defraud Canadians into a marriage in order to immigrate to Canada."

Saranjeet Benet came to Canada as an infant but returned to India in search of a bride. He and Opinder Kaur Saini were married in Punjab in November 2003. Three years later, she ar-

rived as a permanent resident through the spousal sponsorship program, but left him a month later, on Jan. 15, 2007. Saini moved in with her parents and sister in Brampton.

Benet claims in court records filed in November in the immigration fraud lawsuit that Saini had no interest in consummating the marriage.

Saini, however, says he abused her upon her arrival in Canada in documents filed in response to annulment proceedings. Benet began in Superior Court of Justice in Ontario. When reached in Brampton this week, Saini declined to comment on the fraud allegations. The annulment is still before the court. **TORSTAR NEWS SERVICE**



Robert McCarthy, left, gets help building a dike around his home in Breezy Point, Man., on the shore of the Red River, by volunteers. McCarthy hopes that a 4.5-foot-tall dike will hold back any rising waters in the coming weeks. The appeal for more volunteers to fight floods from the Red River grows more urgent in Manitoba, as the province expects warmer weather this week.

Residents brace for rising river

MANITOBA While the Red River slowly swells northward from North Dakota, Amanda Parker sits on her leather living room couch and waits.

A brick dike curls around the two-storey home she shares with her common-law husband, Brian Gomes, in this rural municipality of St. Andrews, Man., just 20 kilometres north of Winnipeg. The dike was built after the great flood of 1997, long before they lived here.

On top of it, hugging the house up to the road, are thousands of tight-packed sandbags.

Just beyond the dike, the Red River, still frozen,

sleeps.

Parker, 29, and Gomes, 46, moved into this house in January 2007 and found themselves battling their first flood before they had even finished unpacking. That spring, ice melting upstream piled up and choked the river, sending water over the dike and into their new home.

Roughly 30 homes in the area have already experienced flooding due to ice jams or overland flooding over the past week. Last Wednesday, Parker and Gomes received a letter warning them they could be at risk, and by Saturday dozens of volunteers shipped out from the St. Andrews fire hall were

building up the dike, about a metre high in places.

"If everybody was wearing green, you really would have thought the army was here, I'm telling you," Parker says.

Floods are a fact of life along the majestic Red River. To the south, Fargo, N.D., has already been marooned, and faced fresh misery yesterday when it was hit with a blizzard that could drop 30 centimetres of snow by the time it ends today.

Engineers scrambled to shore up the patchwork levee system that has so far shielded much of Fargo but the fear is the dikes will not hold.

TORSTAR NEWS SERVICE

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Spy program easy: Sleuth

ONLINE A link to the code for Ghost Rat, the Trojan horse that Chinese operatives used to hack into some of the most sensitive computer networks on Earth, pops up fourth on a Google search.

"Hope you guys like this," writes the poster, Evilxiao. "Very nice Chinese rat program by C. Rufus Security team."

C. Rufus is a loosely agglomerated group of provocateurs who likely created Ghost Rat for kicks. Then they made it available to anyone on the Internet, including cyberspies and

high-tech gangs who can use it to take over active control of your PC.

Once the Ghost Rat is fully operational — and you probably won't even notice that it is — it can pull data off your system, turn on and operate your camera or even record audio.

"It's a nice piece of software — easy interface, easy to use," says Nart Villeneuve, the boyish 34-year-old who helped identify a Chinese-based spy ring using Ghost Rat to target foreign governments.

TORSTAR NEWS SERVICE

News in brief

FINDINGS British MP George Galloway will not be allowed to enter Canada after a federal judge upheld a government ban that denied him entry because of his alleged support of Palestinian militant group Hamas, but Galloway was set to speak to Canadian audiences via a live video link from New York City last night, CBC News Online reported.

SPORTS Rising levels of atmospheric carbon dioxide could threaten the future of winter sports in Canada, a climate change specialist with the David Suzuki Foundation told Metro Canada at a conference in Vancouver yesterday.

METRO NEWS SERVICES

Google launches music download service in China

Google yesterday launched free downloads of licensed songs in China, while sharing advertising revenue with major music labels in a market rife with online piracy. **REUTERS**

5

World



Sneak peek at new shuttle

NASA gave citizens of Washington a peek at a full-size mock-up of the spacecraft designed to carry U.S. astronauts back to the moon and then on to Mars one day. The U.S. Navy-built Orion crew exploration vehicle will replace the space shuttle NASA plans to retire in 2010, and become the cornerstone of the agency's Constellation Program to explore the moon, Mars and beyond. **REUTERS**

Iraq Patrolling the streets



An Iraqi soldier passes a woman during a military operation in Baghdad's al-Fadhil district yesterday. Iraqi security forces swept through Baghdad on Sunday and detained several people after Sunni patrolmen angry at their leader's arrest clashed with police and troops in a battle that killed three people.

Obama takes tough stance

Americans cheer auto moves; markets fear more intervention

Some frustrated U.S. taxpayers cheered President Barack Obama's tough steps to shore up the reeling auto industry yesterday but critics called his decision to fire General Motors' chief a heavy-handed power grab.

Obama forced out General Motors' chief executive Rick Wagoner, pushed

Chrysler LLC toward a merger with Italy's Fiat SpA, and threatened bankruptcy for both, marking an escalation in Washington's involvement in rescuing the faltering economy.

Skeptics asked if it was an early sign of a more activist administration, or just an isolated example. GM shares tumbled 30 per

cent on the news and the Dow Jones Industrial average sank nearly four per cent.

Experts called it potentially the most significant presidential intervention in the private sector since Harry Truman tried to seize the steel industry during the Korean War in 1952, only to be rebuffed

by the Supreme Court.

As a candidate last year, Obama supported rescuing the financial sector, and since then he has shifted to attacking the bonuses and corporate jets for companies taking taxpayer money to pushing out a CEO and replacing members of the board of directors. **REUTERS**

News in brief

NORTH KOREA The U.S. sent two missile-interceptor ships from South Korea yesterday, a military spokesman said, days ahead of a North Korean rocket launch widely seen as a long-range missile test that vi-

olates UN sanctions. The United States, however, has said it has no intention to shoot down the rocket.

LONDON Five people suspected of planning to join protests against the G20 summit in Lon-

don on Thursday have been arrested after weapons were found during a raid on a house in southwest England, police said yesterday.

ISRAEL Incoming Prime Minister Benjamin Netanyahu

pledged yesterday to make every effort to achieve peace with Israel's neighbours and the Arab world, but again made no mention of Palestinian aspirations to statehood. **REUTERS**

Taliban suspected in police complex attack

PAKISTAN Pakistani commandos stormed a police academy early yesterday, overwhelming suspected Taliban fighters who killed eight cadets and wounded scores in a rampage through the complex.

"The operation is over. Four terrorists were killed and three arrested," Interior Ministry Secretary Kamal Shah said, adding 89 policemen were wounded.

Interior Ministry chief Rehman Malik said the militants were believed to be fighters loyal to Pak-

istani Taliban leader Baitullah Mehsud who had come from the South Waziristan tribal region.

Punjab police chief Khawaja Khalid Farooq said eight recruits were killed, although there had been reports the toll would be higher because there were 900 cadets in the academy at the time.

Three of the militants blew themselves up during the final assault and commandos rescued 10 officers held hostage inside the main building. **REUTERS**

Online fraud up 33 per cent

TECHNOLOGY Fraud on the Internet reported to U.S. authorities increased by 33 per cent last year, rising for the first time in three years, and is surging this year as the recession deepens, federal authorities said yesterday.

Internet fraud losses reported in the United States reached a record \$264.6 million US in 2008, accord-

ing to a report released yesterday by the Internet Fraud Complaint Center.

Online scams from across the globe are gathering steam, with a nearly 50 per cent rise in complaints in March alone.

Last year's losses, compared with \$239.1 million in 2007, dwarf the \$18 million of losses in 2001. **REUTERS**

Cures for childhood disease now come delicately wrapped in gold foil.

Next time you're at Shoppers Drug Mart, look for our Lindt Gold Bunny display. Lindt will donate \$0.50 from the purchase of each 100g Lindt Gold Bunny to HealthyKids Canada – a fundraising initiative dedicated to paediatric research programs across the country.



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Comment & Views

Comment

Tories need lifeline, too

NationalReport

Lawrence Martin

metronews.ca/nationalreport

At the same time as the news arrived yesterday saying the Canadian and Ontario governments would give auto companies up to \$4 billion in loans, a large-sample public opinion poll was released by Leger Marketing.

It showed that 69 per cent of Canadians oppose big-time assistance for the auto sector. In Ontario, where the economy is so reliant on that sector, 60 per cent oppose such aid, while only 17 per cent approve.

The business of governance is tough — and getting tougher. What was Prime Minister Stephen Harper to do? Let the companies go un-

der? There are plenty of preconditions that go with the auto lifeline — conditions that haven't yet been met. The Conservatives said they were in accord with the tough measures taken by President Obama, who has fired the head of General Motors and who will make assistance dependent upon deep restructuring. That perception might do some good for the Tories, who are starting to look like they need a lifeline as well.

The same Leger poll came with depressing news for the party. It showed that Liberal Leader Michael Ignatieff is favoured over

Harper as the best leader to manage the economy. He gets the nod from 41 per cent of Canadians, compared to 32 per cent for the prime minister. This even though Harper has an economic background while Ignatieff does not. This even though the Conservatives brought in a big stimulus budget supported by the Liberals.

There's a typical political trend in evidence here. When the economy goes south, the party in power tends to get the blame, no matter what it does.

The pollster, Jean-Marc Leger, said there is now a strong tide favouring the Liberals which will be hard for the Conservatives to overcome. This will renew speculation that Harper will not be sticking around long enough to fight the next election. He's had

three electoral kicks at the can. If he couldn't win a majority against the weakening Dion before the recession set in, how could he possibly do so in the middle of an economic plunge against a more formidable Liberal chief?

The problem for the Conservatives is that they do not have an outstanding leadership candidate in waiting. Jim Prentice, Peter MacKay and Jason Kenney are names who are mentioned, but none has a big wave of support within the party. Quebec Premier Jean Charest, a leader of the Conservatives in the 1990s, has won three straight elections in Quebec and may soon be looking for a new challenge. But he is a stranger to Ottawa now. It is unlikely, even if he was interested, that he would get the call.

That leaves Stephen Harper.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



Views

Police have no right to delete your videos

David Eby
Law professor

Adam Smolcic alleges that on March 20, he used his cellphone to record two Vancouver police officers while they shot and killed Michael Hubbard, a homeless man.

The officers involved in the shooting were investigating a vehicle break-in that had taken place five blocks away in downtown Vancouver. Hubbard had the misfortune of owning a black bag, and a black bag had been taken from the car. In the worst imaginable case of mistaken identity, Hubbard was shot and killed, and Smolcic says he captured the whole incident on his cellphone.

Shortly after the shooting took place, while he was still recording, Smolcic alleges that a third officer responding to the scene took his phone from him, deleted the video and told him to "get lost."

Beyond the obvious concerns about police allegedly destroying evidence, telling an eye witness to "get lost," and shooting a homeless man, some readers may wonder what rights Smolcic had with his video, and in what situations the police could seize his phone.

Citizens in Canada have a nearly absolute right to refuse to turn over their recordings to police, but there are three clear exceptions to this rule.

First, if Smolcic himself had committed a crime, when the police were searching him incidental to

"Citizens in Canada have a nearly absolute right to refuse to turn over their recordings."

his arrest, they could take his phone. This is called the "search incidental to arrest" exception.

The second way the police could have taken Smolcic's phone was if they had obtained a warrant from a judge to seize the phone, most commonly called a search warrant.

Finally, the police could take Smolcic's phone if Smolcic gave them permission, which is exactly what happened on March 20. Smolcic says the last thing he ever expected was that the police officer would erase his video, and he handed over the phone to be helpful to their investigation.

As for the officer who allegedly erased the video, if Smolcic's allegations are true, he could face criminal charges in the form of mischief, theft, or obstruction of a peace officer.

The B.C. Civil Liberties Association is working with Smolcic to recover the deleted video with the help of data recovery experts in Vancouver and the United States. In the meantime, citizen journalists should know their rights to avoid ending up in this kind of situation.

David Eby is the acting Executive Director of the B.C. Civil Liberties Association and an adjunct professor of law at the University of British Columbia.



Worth mentioning

NASA's Colbert conundrum

SPACE STATION NASA's outreach to the public to drum up interest in the International Space Station started innocently, with an online contest to name the station's new living quarters. But Stephen Colbert, a comedian who poses as an ultra right-wing news commentator on cable television's Comedy Central, nosed into the act with a grass-roots appeal that has backed the staid U.S. space agency into a corner.

Colbert's supporters cast 230,539 write-in votes to name the new module at the \$100-billion space outpost. The top NASA-suggested name, Serenity, finished more than 40,000 votes behind.

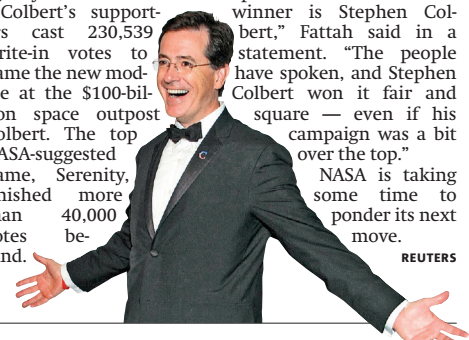
Contest rules stipulate that the agency retains the right to basically do whatever it wants, but it may not be that easy.

Last week, U.S. Representative Chaka Fattah, a Pennsylvania Democrat, called on NASA to do the democratic thing and use the name that drew the most votes.

"NASA decided to hold an election to name its new room at the International Space Station and the clear winner is Stephen Colbert," Fattah said in a statement. "The people have spoken, and Stephen Colbert won it fair and square — even if his campaign was a bit over the top."

NASA is taking some time to ponder its next move.

REUTERS



Metro Online Poll Results

58% SAID YES

Should George Galloway be allowed to speak in Canada?

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42% SAID NO

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Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Microsoft and TomTom settle patent dispute

Microsoft Corp. and Dutch navigation device maker TomTom NV said yesterday they had reached a settlement after more than a year of squabbling over software patents. **REUTERS**

7

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

CAW standing firm

GM, Chrysler told to fix restructuring plans

Ottawa and the province have told teetering General Motors and Chrysler to fix their restructuring plans to qualify for billions of dollars in aid but the Canadian Auto Workers says it won't offer any more help.

Despite government calls for more cuts, CAW president Ken Lewenza said yesterday his negotiators won't bargain any additional concessions for the two companies because workers are now competitive with rivals in the U.S.

Chrysler also wants more concessions than GM, and Lewenza said that won't happen either.

His remarks came after the federal and Ontario governments rejected restructuring plans from the

In the U.S.

• Earlier yesterday, U.S. President Barack Obama gave GM 60 days to submit a better plan. He also said Chrysler must negotiate a merger with Italian car giant Fiat or another partner within 30 days or it won't get any further aid.

two companies that would help them secure more than \$9 billion in loans.

The governments told the companies to rework their plans, including more realistic estimates of future annual sales and market share. At the same time, the governments offered \$3 billion to GM and \$1 billion to Chrysler in in-

terim bridge loans.

The impasse between the union and automakers could become a big stumbling block to the companies getting more aid, though Lewenza noted active labour costs represent only seven per cent of production expenses.

The governments want the companies to address their huge post-retirement obligations, or so-called "legacy" costs, but Lewenza stressed the union could not alter those commitments because of pension legislation.

Lewenza said the union would discuss some form of an independent trust fund, which could offload medical expenses and cap corporate costs.

TORSTAR NEWS SERVICE

In brief

REFORM This week's G20 meeting should take an approach to financial regulation reform that looks at the system as a whole and the interaction between banks and markets, Bank of Canada governor Mark Carney said yesterday. **REUTERS**

The DAILY BUSINESS BUZZ

Waterside project:

The Halifax Chamber of Commerce said in a press release last week that it couldn't be happier with the decision by the Nova Scotia Utility and Review Board to give the go-ahead to the Waterside Centre project.

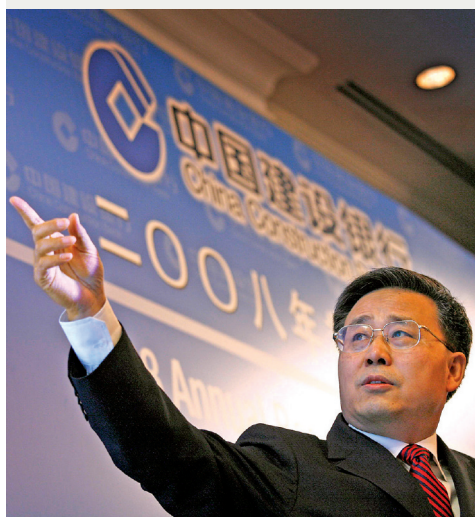
Irving lands concerns:

Liberal Leader Stephen McNeil says the provincial government is dodging those concerned about the sale of Irving lands in southwestern Nova Scotia. In a statement Friday, McNeil said Premier Rodney MacDonald should update the province on government efforts to save the 69,000-hectare portion of the province.

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China Lending expectations



China Construction Bank chairman Guo Shuqing speaks during a news conference in Hong Kong yesterday. China Construction Bank, the country's second-largest bank by assets, expects its new lending this year to grow 10 to 12 per cent without causing a significant rise in bad loans.

Visa chief opposes regulation

INDUSTRY The head of Visa Canada chose a business audience in Toronto yesterday to test the sales pitch he plans to deliver next month in Ottawa: Don't regulate the debit and credit card industry.

While acknowledging that growing complaints

about the industry has led to a Competition Bureau investigation and Senate hearings calling for caps on fees and rates, Tim Wilson said more government involvement would ultimately stifle innovation and choice.

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONews.CA

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SmartCookies



metronews.ca/smartcookies

That's a lot of "free" money not being taken advantage of and if there's one thing a Smart Cookie loves, it's free money. Follow these simple steps below to stretch your dollar at the grocery store.

Before hitting the stores:

• Two-thirds of the purchases we make are impulse buys. Therefore, before you leave your home, create a list of every item you will

need to make your meals in the coming days. Then, most importantly, stick to that list!

• Coupon "clipping" has gone high-tech. Start with the sites for the stores you frequent; most large chains now have websites that include coupons and details on other weekly deals.

• Manufacturer's websites will sometimes display coupons and they tend to be more generous; so if you know you always buy a certain brand of canned soup, log on and see if the company is offering any discounts.

• Join mailing lists of the companies and stores you frequent. Many sites allow you to print off the coupons to take to the store right away, but others will send you the coupons you choose through the mail. If you prefer clipping coupons, then Sunday is the best day to find them.

• Before heading to the store, also take a quick look in your cupboards and



Use the sales flyers and coupons together. Many people think you can't use a coupon on sale items, but you usually can.

fridge for any coupons on product packaging.

Maximizing Savings:

• Use the sales flyers and coupons together. Many people mistakenly think you can't use a coupon on sale items, but you usually can. One survey showed that combining these two savings methods meant an average savings of almost \$700 a year on groceries alone.

At the Store:

• When you first get to your grocery store, look near the check-out for any coupon

books or flyers.

• Consider signing up for the store's loyalty card so you can receive their automatic discounts. They will also alert you to extra deals. Also, if there is a store you regularly shop at, then get to know the salespeople or grocers as these are the people who are in the know as to when sales occur.

Rebates:

• Rebates can be a great way to save on everything from drugstore items to

electronics. Offering rebates in the store or online is popular because it encourages customers to pick that product for the deal. But between 30-50 per cent of people don't bother to follow through and get the rebate — which is a bonus for the retailers and manufacturers instead of the customer.

For more great tips, tune into Smart Cookies Monday nights at 10:30 p.m. on the W network or visit smartcookies.com.

Questions or comments for the Smart Cookies? Please email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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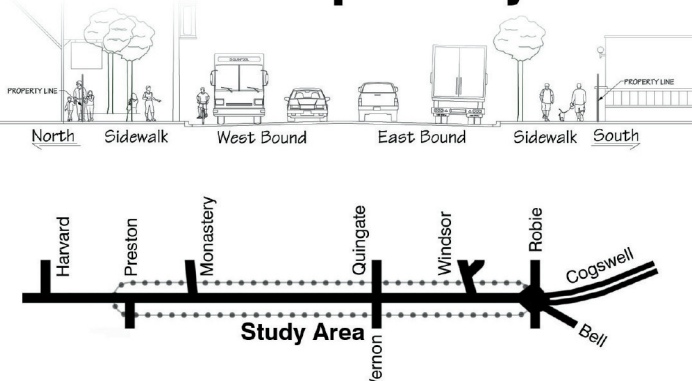
Investing

Allan Small



Allan Small discusses how media reports can be negative for some investors. Visit metronews.ca/investing

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Keep an eye on it

Retirees often have risky portfolios because they don't watch their investments as they get older. When they hire commission-paid financial advisers, they're often steered into products that offer more compensation. **TORSTAR NEWS SERVICES**

Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

A simple subtraction

How much of your long-term savings should you put into the stock market?

A tried and true rule is to subtract your age from 100. The resulting number, in per cent, is the most you should have in stocks and equity funds.

At age 35, you can put 65 per cent of your long-term savings in stocks. You have time to sit through the inevitable down years and come out ahead when you retire.

But at 75, it's enough to have 25 per cent of your savings in stocks and the rest in fixed-income investments. Financial advisers often ignore the age rule when choosing an asset

mix for older clients.

Retirees who have most of their savings in the stock market say their financial advisers adopted a high-risk approach.

Take Allan, a 78-year-old retiree who has worked with a stockbroker at a major bank-owned firm since 2001. On the account application form, Allan wants an asset mix that is only growth (with no income requirements) and medium risk.

Allan's account is 80 per cent invested in stocks. It fell from \$766,000 to \$508,000 last year, losing one-third of his capital.

He has an account that is managed by the brokerage firm without his active participation.

"It is now abundantly clear to me why my adviser did not do a single thing to help me avoid suffering a huge loss during the stock market's collapse," Allan says. "Their income from my managed account was over \$9,400 during 2008."

Such a high stock allocation at his age is indefensible, says John Hollander,

an Ottawa lawyer who represents investors in lawsuits against financial advisers.

"My own inclination is to use the age rule. Typically, the older you get, the less variability you're prepared to stomach," he says.

Allan wanted to know if his portfolio was suitable and worth the cost. Warren MacKenzie, president of Second Opinion Investor Services, took a look at his statements.

"There is no evidence of an investment strategy,"

MacKenzie said about Allan's managed account.

"Without a doubt, the biggest problem is a high-risk portfolio for someone who should be in a balanced, or even better, a conservative portfolio."

"When we look through the statements, although no one investment was necessarily wrong, the motivation seems at least in part to be to generate commissions."

TORSTAR NEWS SERVICES

"It is now abundantly clear to me why my adviser did not do a single thing to help me avoid suffering a huge loss during the stock market's collapse."

Allan, retiree

It's tax crunch time

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q Last May 2008, I registered a small business. It is a unique concept from Europe and the first in Canada. I managed to sell tens of thousands of inventory from September to December. Can I choose a 2009 year-end or must I file by April 30th this year? Does the sale of stocks change my filing date?

— Jamie

other tax receipts.

As the April 30th deadline draws closer, the majority of the more than 16 million Canadians are frantically sorting tax receipts and holding their heads. It is important for individuals and businesses to have a good record keeping system. It can be as simple as a file folder for the year's receipts.

For most Canadians that are employees, the tax-filing deadline is April 30th. Taxes owing must be paid on or before this date or the taxpayer will be subject to interest penalties. Individuals that expect a refund will not be fined interest penalties, so don't panic.

A non-incorporated business (per back up documents) filing deadline is June 15th and cannot choose a non-calendar year-end, unlike an incorporated entity. However, taxes owing must be paid by April 30th. A spouse of a self-employed individual may also file together in June.

You should seek a professional for alternatives to your situation.

Henry Choo Chong, CGA, can be reached at choochonghcgca@yahoo.ca.

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GREEN LIGHT
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NFL player Ryan Moats said yesterday that he accepts the apology offered by a Dallas police officer who stopped him with a drawn gun in a hospital parking lot while his mother-in-law was dying inside. Moats had rolled through a red light on the way to the hospital, where the woman died while Moats was ticketed and lectured. **METRO NEWS SERVICES**

Sports



Nestor tops in tennis again

Tennis Canada announced its 2008 Excellence Award winners yesterday, and veteran doubles player Daniel Nestor was named top player for the sixth time, and top doubles player for the seventh straight year. Aleksandra Wozniak was named top female player, top singles player and most improved. Frank Dancevic was named Canada's top male singles player.

METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Mason named first star of week

NHL St. Louis Blues goaltender Chris Mason was selected as the NHL's top star for the period ending March 29. Joining Mason for the league honors this week were Vancouver left wing Daniel Sedin and Carolina netminder Cam Ward. Mason won each of his four games last week and posted a goals-against average of 1.72 with a .930 save percentage.

His play has helped the Blues to a five-game winning streak that has the club in the final playoff spot in the Western Conference. **METRO NEWS SERVICES**

Rangers blank Devils

NHL RESULT

Rangers 3 Devils 0

Henrik Lundqvist stopped 38 shots to post his third shutout of season as the New York Rangers topped the New Jersey Devils 3-0 at Madison Square Garden last night.

Brandon Dubinsky, Dan Girardi and Ryan Callahan tallied second-period goals for the Rangers, who halted a two-game slide and moved within a point of

sixth-place Pittsburgh in the Eastern Conference playoff race. Martin Brodeur made 34 saves in defeat for the Devils, who suffered their fifth straight loss, but still hold the third-seed in the East and first place in the Atlantic Division.

The Rangers launched 20 shots at Brodeur in the first period, but failed to score. Finally, on their 26th shot, 4:35 into the second, Dubinsky lifted the puck over the fallen Devils netminder to break the scoreless tie.

METRO NEWS SERVICES



Sean Avery stands in front of Martin Brodeur last night.

Triano gets vote of confidence

NBA Bryan Colangelo always thought Jay Triano was a talented NBA coach — he wouldn't have given him the interim job with the Toronto Raptors if he didn't — and the team's recent run of success hasn't done anything to change that opinion either way.

Four straight wins won't totally alleviate the bitter feelings of a disappointing season, but they have showed flashes of what might have been.

And what might still be if Colangelo decides to keep the Canadian Triano on as the head coach after this season. Reiterating that he wouldn't speak specifically about Triano's longer-term prospects until the end of the regular season, the team's president and general manager has not wavered from his support.

"The message is the right message; the method of communicating is the right method," Colangelo said yesterday. "I've been high on him the entire time." It will be sooner, rather than later after the end of the regular season that Colangelo acts on the coaching situation. While there will be a slow time while the first couple of rounds of the playoffs unfold, Colangelo wants to have a full staff in place well before the run-up to the June 28 draft.

Triano is 20-36 as a head coach since taking over from the fired Sam Mitchell on Dec. 3, but Colangelo continues to point to other factors than simply the won-loss record. Injuries to key players, a significant trade and the upheaval that goes with a losing season have all contributed.

"Jay's done a solid job, he was given a bad set of circumstances," the general manager said.

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Tip of the Day: You always admire what you really don't understand. — Eleanor Roosevelt

For more sports coverage visit: **metronews.ca**

Frost Heaves face Sea Dawgs

The Vermont Frost Heaves and Wilmington Sea Dawgs will meet in a Premier Basketball League wildcard game, with the winner advancing to the semifinals against the Battle Creek Knights. The other semifinal pits the Manchester Millrats against the Rochester RazorSharks. **METRO HALIFAX**

sports 11

Are Rainmen too talented?

Eric Crookshank says team may have more stars than it can handle

MATTHEW WUEST

matthew.wuest@metronews.ca

Eric Crookshank says the Halifax Rainmen should follow the blueprint of the reigning NBA champions.

"Look at the Boston Celtics — it's three key players, then you have role players," Crookshank says. "In order to win a championship, you just need to have three core players, and after that, you just put the pieces in place."

The Rainmen forward is, of course, referring to Celtics stars Paul Pierce, Ray Allen and Kevin Garnett — a trio that logs the lion's share of minutes and produces the majority of the offence, particularly when games are on the line.

Crookshank and the Rainmen missed the Premier Basketball League playoffs despite a roster stacked with score-first, all-star calibre talent. Too much talent, perhaps.

Many proven minor-league stars were forced to play fewer than 30 minutes per game, and most of them, such as Crookshank, A.J. Millien, Cordell Jeanty and Michael Anderson, averaged far fewer points than they have in past seasons.

"I'm a scorer, and sometimes, I'd be wanting to demand the ball, but you've got a lot of other (scorers) in the same position that want the ball as well," Crookshank says.

"If you're not feeding a player the ball who's used to getting 30 (points), his confidence leaves, he starts getting irritated

"In order to win a championship, you just need to have three core players, and after that, you just put the pieces in place."

Eric Crookshank

and frustrated."

Crookshank says other factors in the Rainmen's demise were his early-season suspension, a February coaching change and five roster changes in the final 11 games.

Crookshank says that he plans to share his opinions with owner Andre Levinston, who has a different view.

"You can never have too many skilled players," he said at a season-ending press conference. "The Dream Team, the (U.S.) Olympic team, had the best players in the world, and they all performed well together. It's a commitment guys have to make to defend. Some of our players didn't have that."

Ten of Halifax's 12 wins came against Quebec, Buffalo, Detroit and Montreal, teams that went a combined 14-60. They only played two teams with .500-plus records all year — Manchester and Vermont — and went 2-6 in those contests.

They were 12-8 overall and have plenty of room for improvement.

"Next year, we need to learn from this," Crookshank said.

"With all this talent, we should be in the playoffs."



Rainmen forward Eric Crookshank says the team might be better if it followed the model of the Boston Celtics and had fewer stars and more role players.

Crookshank may join front office

POST-BASKETBALL Eric Crookshank may have a job waiting in the Halifax Rainmen's front office when his playing days are over.

"We want Eric Crookshank to retire here," said owner Andre Levinston. "I'm trying to get Eric to focus on business and his career after basketball. He's working hard for it."

Crookshank, a member of the Rainmen since opening day, averaged 11.8 points and 9.0 rebounds this season. He averaged 20.5 points and 12.2 rebounds in 2007-08.

The 30-year-old Californian was suspended for the season in January for "conduct detrimental to the team," but was reinstated in February — a day after head coach Rick Lewis was fired. Those events are all but forgotten. Levinston says "there is always a job" for Crookshank with the Rainmen.

"He loves Halifax and Halifax loves him," Levinston said.

METRO HALIFAX

Silverhorn set to leave Halifax

D-LEAGUE It appears three-point bomber Brian Silverhorn is moving on after two seasons with the Halifax Rainmen.

The six-foot-six small forward is coming off an injury-plagued campaign in Halifax, but is expected to try his luck in the NBA Development League next season.

"We feel Brian can play at the D-League level and we're going to put him in a situation where he can get a shot to play there," said Rainmen owner Andre Levinston.

Silverhorn missed nine games with knee problems and averaged 14.3 points per game, a four-point drop-off from 2007-08. He shot a deadly .457 from three-point range.

"It's time for him to take that step," Levinston said.

METRO HALIFAX

Bennett says he'll return if team gets 'the money right'

MATTHEW WUEST

matthew.wuest@metronews.ca

SALARY If Tony Bennett suits up for the Halifax Rainmen next season, he isn't going to come at a bargain price.

Bennett, the Rainmen's top scorer and possibly the most electrifying player in franchise history, has issued a half-joking ultimatum to owner Andre Levinston.

"I told Andre, 'You get your figures right, get the money right, and I'll be back,'" Bennett said with a grin. "All joking aside, I love Halifax, but at the end of the day, it's a business, and you've got to do what's

best for you and your family."

The Rainmen signed the six-foot guard from Chicago on Jan. 29 to replace Sir-Valliant Brown. In 12 games, he placed 13th in the Premier Basketball League with 19.4 points per game, third in assists with 5.5 and first in steals with 3.1.

Bennett, who has played in Finland and Mexico the past few seasons, said he already has contract offers on the table from teams in Argentina and Venezuela, and is expecting to wind up with a new club in the next week or two.

The Rainmen won't be on the court again until January.

"Guys are going to have options, but at the end of the day, it's all negotiations, sitting down, talking," Levinston said.

A.J. Millien, a six-foot-nine forward who signed with Halifax on Feb. 13, is another player with plenty of options. He averaged 24.7 points per game, winning the PBL scoring title, and said he may sign in the Dominican Republic shortly.

Bennett, Millien, Eric Crookshank, Michael Anderson and Jimmy Twyman are likely to be protected when Levinston submits his five-man protected list to the PBL. He also hopes to bring back Reggie George and Tyrone McNeal.



Tony Bennett, the Halifax Rainmen's top scorer, says the team will have to "get the money right" if he is to return.

SCOREBOARD

NHL

YESTERDAY'S RESULTS

N.Y. Rangers 3 New Jersey 0
San Jose at Calgary
Dallas at Phoenix

TODAY'S GAMES

Tampa Bay at Boston
Nashville at Columbus
Chicago at Montreal
Ottawa at Florida
Vancouver at Minnesota
Anaheim at Edmonton
Dallas at Los Angeles

For the latest sports news and scores, visit:
metronews.ca

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Beware of the 'Bull'

Don't confuse energy drinks with sports drinks, warn experts

CELIA MILNE
for Metro Canada

Want more energy for sports? Eat and drink smart.

That is a message from the Dietitians of Canada. This organization, along with the American Dietetic Association and the American College of Sports Medicine, has written a new position paper on the best nutrition for athletic pursuits.

There is no magic formula in a jar that'll give you peak performance. In fact, some energy drinks can be quite dangerous. "Energy drinks should not be confused with well-designed sports drinks such as Gatorade, Powerade and eLode," says Susie Langley, a certified specialist in sport dietetics and co-author of the position paper.

Energy drinks like Red Bull, Full Throttle and Rockstar can deliver a "high caffeine, high sugar kick" which make them a "no-no" immediately before or during and even after an

event, says Langley.

Instead, you need to eat a wide variety of foods to get enough carbohydrates, protein, fat, vitamins and minerals. If you

don't eat properly, effects include losing muscle mass, stop-

ping your period, losing bone density and increasing your risk of fatigue and injury.

It is critical to drink enough fluids before, during and after exercising or competing to replace the liquids

you've lost in sweat. If you are not sure about a product, ask a dietitian.

Langley is concerned that young people are consuming too much caffeine when they consume energy drinks for a quick lift. This can lead to dangerous side effects such as anxiety, insomnia, high blood

pressure, stomach upset, rapid heart beat and withdrawal symptoms when caffeine is discontinued. For instance, two cans of Red Bull contain a toxic amount of caffeine for a child who weighs about 66 pounds (30 kg). Adults could get a toxic hit of caffeine from two Rockstars and a Grande Starbucks coffee.

Here are some tips from the Dietitians of Canada on eating and drinking for best sports nutrition:

BEFORE EXERCISING:

- About two to three hours before an endurance event, drink plenty of fluids and eat a balanced meal that includes grain products, fruits and vegetables and a low-fat protein choice such as chicken.

- If necessary, top up energy levels one to two hours before activity with a sports bar, fruit, cereal bar or yogurt.

DURING EXERCISE:

- Try to drink every 15 to 20 minutes during exercise (water or a sports drink).
- If you are doing a prolonged event, you may want to snack on granola or cereal bars.

AFTER EXERCISE:

- Start with a smoothie (for example, blend milk, fruit and ice), sport drink, chocolate milk or water.
- Then have a meal rich in carbs and protein.

Energy drinks should not be confused with well-designed sports drinks such as Gatorade or Powerade.



ISTOCK PHOTO

Internet pornography

According to statistics, most kids have viewed explicit online material by age 11. But because it's not exactly scientifically ethical to plunk kids down, make them watch hours of porn and ask them what they think, it's difficult to study the effect viewing this stuff is having on them.

Which is why I was excited when Pornademic — a CBC documentary that delves into the business of Internet pornography — introduced

Edmonton's Sonya Thompson. Thompson's graduate work focused on researching the effects of pornography on young people. Finally, I thought, some answers.

Thompson got as far as finding out that by age 13-14, 75 per cent of kids had seen porn online. After that, her funding dried up. Seems that while we assume that viewing all this sexual imagery will automatically turn today's kids into a bunch of porn-addicted, sexually depraved, emotionally stilted adults, no one wanted to pay for the research to prove it.

The Swedes have gone there. They interviewed youth aged 14 to 20 about their experiences and perceptions of porn and found that boys watch it more than girls do; girls watch it more as they get older and generally with someone

they are involved with. Not much new there.

A 2008 University of Amsterdam study found teens that watched more Internet porn had a more open attitude to casual hookups, one-night stands and a "recreational" view of sex. The researchers warned, however, that one did not lead to the other. That teens who are already more

interested in sex than their peers are going to be more interested in finding sexual content on the Internet.

Earlier this year, The Internet Safety Technical Task Force, created by 49 U.S. state attorneys general and a bunch of Internet-savvy folk, said in their final report that while "unwanted exposure to pornography does occur, those most likely to be exposed are those seeking it out."

They reported that kids' family dynamics and psychological makeup "are better predictors of risk than the use of specific media or technologies."

It's like fast food. Kids are exposed to it all the time and McDonald's isn't going away anytime soon. As such, we need to teach kids proper nutrition and how to develop a healthy relationship with food.

The J Spot

Josey Vogels

metronews.ca/thejspot



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Another daughter for Tim Allen

Tim Allen and his wife of three years, Jane, welcomed a new daughter, Elizabeth, into the world over the weekend, according to Entertainment Tonight. This is the couple's first child. Allen has another daughter from a previous marriage. **METRO NEWS SERVICES**

13

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

Adventures of Ryan Reynolds

Canadian actor trying different roles

STEVE GOW
for Metro Canada

The fact that Ryan Reynolds has become a big star in Hollywood perhaps surprises nobody more than Ryan Reynolds.

"I had no expectations, therefore I've had very little disappointment in my career," said the Canadian actor recently in Los Angeles.

"It has been an evolution to really appreciate — I wouldn't dare say perfect this craft because you nev-

er do that — but appreciate it to the point that I want to try as many different kinds of work as I can."

And that's just what Reynolds is doing. Having shaken off the media attention that comes with marrying a star like Scarlett Johansson or being named one of People Magazine's Sexiest Men, the down-to-earth 32-year-old is now focusing on the four films he has coming out this year.

First up is Adventureland (in theatres this Friday), the amusement park-

set comedy in which Reynolds plays a seasoned mechanic engaged in an extramarital affair with a much younger carnival worker.

"I like the thought that this guy has inserted himself into a situation where he can be the big fish in a small pond — and the worst kind of pond too. It's a bunch of kids working a summer job," said Reynolds, who admittedly plays a bit of a creep, but a charming creep nonetheless.

"There is something incredibly appealing about



Ryan Reynolds stars in Adventureland, one of the four films he has coming out this year.

playing a guy who lives a fantasy life — I know people like that," admitted Reynolds.

Soon after Adventureland, Reynolds will return to action in the highly-anticipated thriller, X-Men

Origins: Wolverine. While he's quick to appreciate landing a role in a guaranteed blockbuster, Reynolds also realizes avoiding those huge films may be the secret to his unplanned success.

"Because I haven't had a Titanic or one of these movies that would thrust you into a spotlight that you'll never get out of, I've been lucky to do the kind of movies I want to do," he said.

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/31/09	31	31	31	ABC	News (N)	ABC Wild News	Inside Edition	Chronicle	Better Off Ted (HDTV)	Dancing With the Stars	Cupid (N)	
	7	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)	Reaper (HDTV) (N)	Dancing With the Stars	Without Trace		
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (DVS)	CBC News: The National	The Hour	
	2	2	2	CBC-F	Terre humaine	Pyramid (SC)	Virginie (SC)	La Facture	Beautés désempées (SC)	René - Le Destin d'un chef (N)	Le Téléjournal	
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	NCIS "Dead Reckoning"	The Mentalist (HDTV) (N)	Without Trace	
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Les Gags (SC)	Star Académie: La Fière de la danse (SC)	La Promesse (HDTV) (N) (SC)	TVA 22 heures	News (N)	
	6	6	6	CHIF	Entertainment	ET Canada	90210 "Life's a Drag" (N)	NCIS "Dead Reckoning"	American Idol The finalists perform.	TBA	News (N)	
	9	9	9	CJCH	etalk	Hollywood	Law & Order: SVU	Podium TV	EastLink Television			
	10	10	10	ELTV	(6) EastLink Television							
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	American Idol The finalists perform.	Osbourne	Fox First	
primetime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	The Biggest Loser Recent winners return. (N)	Law/Ord SVU		
	29	29	29	NW	World News	Business	CBC News	Newman	The Hour	CBC News: The National	The Third Sex	
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	Business Rpt.	Worldfocus	Nova (HDTV) (N) (DVS)	Frontline (N) (DVS)	Betty Ford	
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Nova (HDTV) (N) (DVS)	Frontline (N) (DVS)	Jackie Gleason	Frontline (N)	
	68	68	68	TQS	Rire et délire	450 chemin	Loft Story	Pop Corn	Dirty Sexy Money (SC)	Men in Trees: leçons	110 pour cent	
	23	23	23	BNN	Business News	Headline	Market Call	Commodities	Workopolis TV	Squeeze Play	Market Call	
	18	18	18	CNN	Situation Room-Wolf Blitz	Lou Dobbs Tonight	Tips	Inside PGA	The Approach	Top 10	Larry King Live (N)	
	54	54	54	GOLF	Golf Central	Top 10	Tips	Inside PGA	The Approach	Top 10	Anikka Celebration (N)	
	52	52	52	RSE	Sportsnet Connected	World Sport	NHL Hockey	Ottawa Senators at Florida Panthers. (Live)	To Be Announced		Sportsnet Con.	
	55	55	55	SCOR	Hockey Talk	Game On	Court Surfing					
news	45	45	45	SPD	Unique Whips	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey!	NHL Hockey	Chicago Blackhawks at Montreal Canadiens. (HDTV) (Live)	Reba	SportsCentre	
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	44	44	44	TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	Futurama	American Dad	Robot Chicken
	26	26	26	TREE	Ni Hao, Kai-Lan	Big & Small	Backyardigans	Night Grdn	Max & Ruby	Franklin	Little Bear	Comely Couch
	27	27	27	TYT	Drake & Josh	iCarly	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol
	16	16	16	A&E	Cold Case Files	CSI: Miami (HDTV)	Storytellers	Wings-Canada	Wapost Bay	Cashing In (N)	Fish Out	Manhunters
	70	70	70	APTN	News (N)	106 & Park: BET's Top 10 Live	Diary of a Mad Black Woman ** (2005, Comedy-Drama)	Kimberly Elise.			Mixed Blessing	Caution: Nuts
	50	50	50	BET	Street Legal	Quetango Argentine tango.	Live at the Rehearsal Hall	Home Improve.	Home Improve.	Diana Krall: Union Station	Samba Squad	College Hill
	37	37	37	BRVO	Street Legal	Quetango Argentine tango.	Live at the Rehearsal Hall	Home Improve.	Home Improve.	Diana Krall: Union Station	Samba Squad	College Hill
sports	25	25	25	CMT	Cross Canada Countdown	Air Force	Just for Laughs	Cops Uncut	Dumb Criminal	Reba	Hope & Faith	
	49	49	49	COM	Laughs	Comedy Now	World's Wildest Police Videos	Cops Uncut	Dumb Criminal	Reba	Hope & Faith	
	153	153	153	COURT	Killer Next Door	Daily Planet (N)	House Hunters	Property Virgin	NCIS "Blackwater"	Crime Stories	NCIS	
	38	38	38	DISC	Destroyed	Destroyed	House Hunters	Property Virgin	NCIS "Blackwater"	Crime Stories	NCIS	
	34	34	34	HGTV	Holmes on Homes	Technical Diff.	degrassi: TNG	Instant Star	Paris Hilton's British Friend	Hogan Knows	Hogan Knows	
	46	46	46	HIST	Crime Stories	degrassi: TNG	Instant Star	Paris Hilton's British Friend	Hogan Knows	Hogan Knows	Entourage	
	17	17	17	MM	disBand	Technical Diff.	degrassi: TNG	Instant Star	Paris Hilton's British Friend	Hogan Knows	Hogan Knows	
	19	19	19	MMM	mmmtop10.com	The Daily Fix	degrassi: TNG	Instant Star	Paris Hilton's British Friend	Hogan Knows	Hogan Knows	
	201	201	201	M1	Rails & Ties	(7:45) In the Valley of Elah *** (2007, Drama)	Tommy Lee Jones.	Survivorman	Mantracker	Bounty Hunter	Seinfeld	
	48	48	48	OLN	American Gladiators	Bounty Hunter	Bounty Hunter	Survivorman	Mantracker	Bounty Hunter	Seinfeld	
family	51	51	51	PEACH	Seinfeld	Friends	House-Payne	House-Payne	Snake Eyes * (1998, Suspense)	Nicolas Cage.		
	206	206	206	PIX	(6:40) Nightworld: Lost Souls (1998)	(8:20) Harry's Case (2001, Mystery)	The Ladies Man ** (2000, Comedy)					
	67	67	67	RDI	RDI en direct	24 Hours on 60 minutes	The Outer Limits	Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	
	39	39	39	SHOW	Wife Swap	The Outer Limits	Skin Deep	Til Debt-Part	Rich Poor	Rich Poor	Rich Poor	
	40	40	40	SLICE	The Mom Show	Stargate SG-1	UFC Unleashed	UFC Unleashed	Ultimate Knockouts	DEA (N)		
	47	47	47	SPACE	CSI: NY (HDTV)	etalk	Hollywood	The Ellen DeGeneres Show (N)	14 Children-Pregnant Again	A Very Duggar Wedding	Tube Tales	Seinfeld
	14	14	14	SPIKE	CSI: NY (HDTV)	etalk	Hollywood	The Ellen DeGeneres Show (N)	14 Children-Pregnant Again	A Very Duggar Wedding	Tube Tales	Seinfeld
	98	98	98	STAR	etalk	Hollywood	The Ellen DeGeneres Show (N)	14 Children-Pregnant Again	A Very Duggar Wedding	Tube Tales	Seinfeld	
	21	21	21	TLC	What Not to Wear	Journal de Fr2	Survivre "Elephant"	Murder, She Wrote	Judging Amy	Will & Grace	Friends	
	56	56	56	34	TROP	What Happen?	Survivre "Elephant"	Murder, She Wrote	Judging Amy	Will & Grace	Friends	
cable variety	20	20	20	TVS	Que-champion	Journal de Fr2	Survivre "Elephant"	Murder, She Wrote	Judging Amy	Will & Grace	Friends	
	28	28	28	V	Doc "Karate Kid"	Mysterious Ways	Style by Jory	Style by Jory	WGN	Be-Millionaire	Evening News	
	60	60	60	VIVA	Mysterious Ways	Style by Jory	Style by Jory	Style by Jory	WGN	Be-Millionaire	Evening News	
	22	22	22	W	Style by Jory	Style by Jory	Style by Jory	Style by Jory	WGN	Be-Millionaire	Evening News	
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	Reaper (HDTV) (N)	90210 "Life's a Drag" (N)	WGN News	

critics' corner

Cupid

Executive producer Rob Thomas ("Veronica Mars") gives his charming 1998 flop a stylish reboot, with Bobby Cannavale stepping into the role of Trevor Pierce, a handsome eccentric who claims to be the god of love, dispatched to bring 100 romantic misfits together. Is it possible he really is Cupid? His therapist, Dr. Claire McCrae (Sarah Paulson), is determined to find out. 11:02 PM on ABC



Wild Roses

Nothing like a case of 20/20 hindsight. In this new episode, Kate (Michelle Harrison) wonders if she acted rashly in deciding to flee Rivercross with Peter (Adam MacDonald). As Will (Steve McGregor) pulls the plug on the Henrys' exploratory well, he gets a request from Rebecca (Amy Lalonde) to dig up some dirt on David (Gary Hudson). 9 PM on CBC

Saving Grace

The title of this new episode is "Do You Believe in Second Chances?" — which, of course, is the theme of the whole series. Here, it's Grace's (Holly Hunter) niece (Jessy Schram) who needs a second chance after she brings drugs to a party where a girl overdoses and later dies. The detectives' investigation leads them into a dangerous stakeout at a truck stop. Laura San Giacomo and Leon Rippy also star. 11 PM on SHOW



For March 30th

- Classified - Anybody Listening
- Busta Rhymes ft. T-Pain Hustlers Anthem
- Lady Gaga - Lovegame
- Karl Wolf ft Culture - Africa
- Black Eyed Peas - Boom Boom Pow
- Britney Spears - If You Seek Amy
- Soulja Boy Ft Sammie - Kiss Me Thru The Phone
- Eminem ft 50 Cent & Dr Dre - Crack A Bottle
- Flo Rida - Right Round

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Actor Josh Hartnett was taken to the hospital early Monday morning after reportedly suffering from abdominal pains, TMZ says. The actor reportedly was at the Chateau Marmont hotel in West Hollywood when he began experiencing pain. **POPEATER.COM**

Hartnett's health problems?

Celebrity Buzz

Got \$9,500? Rent Vince's house

PEOPLE Vince Vaughn is set to rent out his Chicago, home, femalefirst.co.uk reports. The four-bedroom townhouse is available to rent for \$9,500 US a month.

And he's even leaving his king-size bed and home theatre, according to people.com.

Vaughn, who lives nearby in the Palomolive Building, has no plans to sell it.

METRO NEWS SERVICES



Gisele's love triangle

RELATIONSHIP The birth of football star Tom Brady's son with ex-girlfriend Bridget Moynahan threw off Gisele Bündchen when she started dating him, people.com reports.

"In the beginning you're living this romantic fantasy; you're thinking, this can't be true, it's so good!" the supermodel, 28, tells Vanity

Fair. "And then, whoops — wake-up call!"

The pregnancy made her "question at times — 'Should I stay here? Maybe you should work this out,'" but she says in the end, it "was a blessing, because otherwise I don't

think I would have known what he was made of, and he wouldn't have known what I was made of," she says.

METRO NEWS SERVICES



Liam looked 'so sad'

PEOPLE Liam Neeson — who is mourning the death of his beloved wife Natasha Richardson — has completed filming the Julianne Moore indie Chloe, which he was shooting when Richardson had her fatal skiing accident, us-magazine.com reports.

He returned to work last week in Toronto, a film rep tells Us, days after Richardson's March 22 funeral in upstate New York.

The New York Post re-

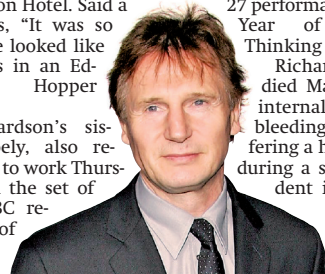
ports that Neeson was spotted sitting by himself at the bar at Toronto's Hazelton Hotel. Said a witness, "It was so sad. He looked like he was in an Edward Hopper print."

Richardson's sister, Joely, also returned to work Thursday on the set of the BBC remake of The

Day of the Triffids. But mother Vanessa Redgrave has postponed her April 27 performance of The Year of Magical Thinking in NYC.

Richardson, 45, died March 18 of internal brain bleeding after suffering a head injury during a skiing accident in Canada.

METRO NEWS SERVICES



Brangie adopting again?

KIDS In other adoption news, Brad Pitt and Angelina Jolie are reportedly ready to welcome another child into their home, this time from India.

The Sunday Express reports that the couple decided on adopting from the nation after visiting the Priya Darshini Orphanage in 2006, but were too busy at the time.

"They filled out all the paperwork but had to put the adoption on hold because of all their other commitments," a source tells the newspaper.



The Sunday Express also reports that when the couple was asked by 10-year-old Slumdog Millionaire star Azharuddin Mohammed Ismail why they hadn't adopted from India yet, Jolie told him, "Well, I'll let you into a little secret, we will soon."

METRO WORLD NEWS

Kate and Lily's drink-off

PEOPLE Kate Moss beat Lily Allen in a drinking contest, femalefirst.co.uk reports.

The 35-year-old supermodel challenged her friend to a cocktail making and drinking bout at her London home last week, and emerged victorious.

Moss was crowned the winner at around 4 a.m. and is now looking forward to receiving a mystery prize from the 23-year-old singer. Lily planned to take a portrait of the model by graffiti artist Banksy from Moss' lounge if she won.

METRO NEWS SERVICES

Reese fought for gown

PEOPLE Reese Witherspoon had to fight for the gown she wore to the Oscars in 2006 — because the owner didn't want her to wear it, femalefirst.co.uk says.

The actress found the vintage Dior dress in Paris, and decided she had to have it for the

Academy Awards. She recalls: "My stylist said, 'Please let her try it on.' And I tried it on and it fit perfectly, like, no alterations."

The store owner was reluctant to part with the dress, because it had once belonged to a princess.

METRO NEWS SERVICES

Ricky's clubbing nightmare

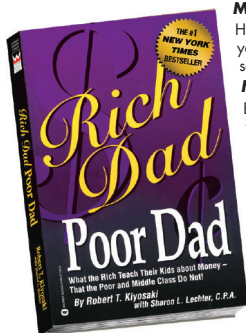
PEOPLE Ricky Martin had trouble enjoying himself at Miami nightclub Mansion recently. The singer was continually accosted by an aggressive female fan, according to Gatecrasher.

"This girl kept going over and asking him to 'shake your bon bon' and screaming in his face," an eyewitness says. "He snapped back, 'That's really not cool. Please don't embarrass me like this.'" Martin and his entourage eventually moved to the other side of the club to avoid her and continued to dance until 3 a.m.

METRO WORLD NEWS



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Robert Kiyosaki does not participate in this event.



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HOLY \$&@#, Win Cash and Trips!

Play 4-Letter Word

weekdays at

8:20, 12:20 and 4:20 on

Z103.5

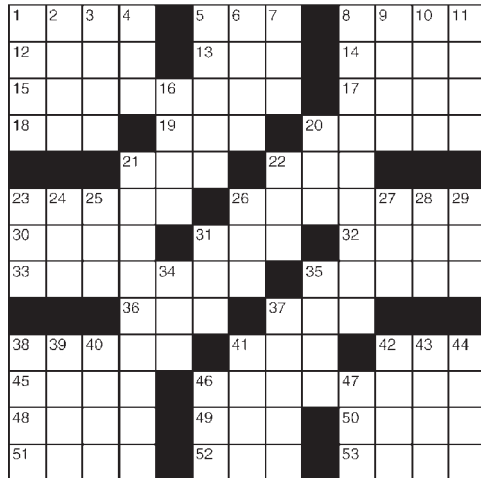
THE BEAT OF HALIFAX

For contest details and rules and regulations visit z103halifax.com



For more delicious Metro recipes, visit: metronews.ca/food

Take Five



Crossword across

- | | | |
|----------------------------|----------------------|-------------------------------|
| 1 "Little Women" woman | 22 Billboards | style |
| 5 Timid | 23 Future juniors | 41 Disencumber |
| 8 Lean-to | 26 Police record | 42 Petrol |
| 12 Operatic solo | book | 45 California city |
| 13 Meadow | 30 Neighbourhood | 46 Crankcase accessory |
| 14 Troubadour's instrument | 31 Seek damages | 48 Grand story |
| 15 Avon product | 32 Corn Belt | 49 Mimic |
| 17 Chills and fever | state | 50 "Rule, Britannia" composer |
| 18 Type units | 33 Henson's troupe | 51 Seven-day period |
| 19 "A mouse!" | 35 Piece of hardware | 52 "Certainly" puffed |
| 20 Garden intruder | 36 Firmament | |
| 21 Automobile | 37 Stir-fry vessel | |
| | 38 Struck, old- | |

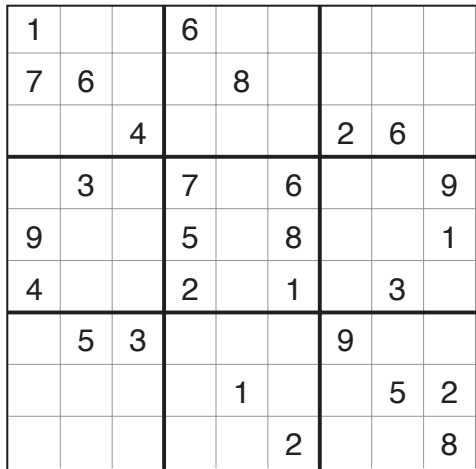
Crossword down

- | | | |
|---------------------------|-------------------------|----------------------------|
| 1 Batman | 20 Big bother | 37 Uses a paper towel |
| 2 Ms. Brockovich | 21 Blistex rival | 38 Passel |
| 3 Gratuities | 22 Hearty quaff | 39 Sulk |
| 4 Owns | 23 "Casablanca" pianist | 40 Garfield's pal |
| 5 More cunning | 24 Tulsa sch. | 41 Ready for the picking |
| 6 Kin of "darn" | 25 Energy | 42 Lass |
| 7 Tibetan beast | 26 Clear the tables | 43 Dermatologist's concern |
| 8 Three Stooges specialty | 27 Anderson's "High —" | 44 Distort |
| 9 Laurie or Grant | 28 Ram's partner | 46 Rotation duration |
| 10 Needle case | 29 Uncivilized | 47 Bill |
| 11 Homeowner's paper | 31 Pigs' digs | |
| 16 Afternoon affairs | 34 — out a living | |
| | 35 Lays down the lawn | |

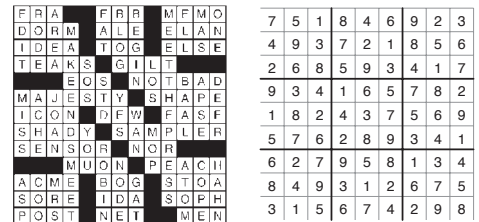
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min.....Smart
Under 13 min.....Genius	21-25 min.....Not bad
13-17 min.....Scholar	25+ min.....Keep practising

Metro Recipe of the Day



Veal Marsala

INGREDIENTS:

- 12 large white mushrooms
- 1 lb (500 g) veal cutlets
- 1/2 tsp (2 ml) pepper
- Salt to taste
- 1/4 cup (50 ml)
- 2 tbsp (25 ml) margarine, cut into 4 pieces
- 3/4 cup (175 ml) dry Marsala wine
- 3 tbsp (45 ml) chopped flat-leaf parsley

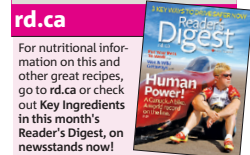
METHOD:

- Preheat oven to 250°F (120°C). Place baking sheet on middle rack of oven. Trim ends of mushrooms, then thinly slice mushrooms and set aside.
- Place veal between pieces of wax paper and pound with meat mallet, from centre out, to 1/3-in. (0.25-cm) thickness. Sprinkle with pepper and salt. Place flour in ziplock bag. Ad veal, a few slices at a time, and shake to coat.
- Coat large frying pan with non-stick cooking

spray and set over high heat. Melt 1 piece margarine in pan, tilting to coat. Sauté a few pieces of veal at a time until browned, about 1 minute per side. Transfer cutlets to baking sheet in oven, repeat with remaining veal, adding margarine as needed.

4. Sauté mushrooms in pan until golden, 3 minutes. Pour in Marsala, scraping up brown bits left in pan. Cook until pan juices are reduced to 1/2 cup (125 ml), 2 minutes. Return veal to pan, stacking if necessary. Turn to coat with hot pan juices and sprinkle with parsley.

SERVES 4



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Willpower is needed with a tough guy. An adventure will be the best idea for a good time. Be cool when the truth is revealed.



TAURUS
APRIL 21-MAY 21
Good fortune comes after someone spills the beans. A narcissist fails to live up to their potential. A bothersome pest's attraction grows embarrassing.



LIBRA
SEPT 23-OCT 23
A devoted person's challenge must be faced. Avoid the desire for something different. Shake the dust of melancholy from your mind.



SCORPIO
OCT 24-NOV 22
A woman has news about a dysfunctional relationship. A bureaucratic problem arises. Good intentions are stopping your progress.



GEMINI
MAY 22-JUNE 21
Creative matters will bring you good luck. A rambling elder is faced with a quarrel. An agreement will take place if you listen.



SAGITTARIUS
NOV 23-DEC 21
Your love life needs more care and attention. Expect to get a reply about a request. A date will be missed because of negligence.



CANCER
JUNE 22-JULY 22
A game-player's advice will change a worldly friend. An unhappy guy starts cheering up. Strange looks will put you in a tough position.



CAPRICORN
DEC 22-JAN 20
Someone complains of being cramped. You must focus on your willpower and make demands. Don't ask anyone to cancel their plans.



LEO
JULY 23-AUG 23
Pay attention to sensational good luck. Amusement comes from witnessing a temper tantrum. A tiresome task produces a bit of nervousness.



AQUARIUS
JAN 21-FEB 18
An unhappy visitor will amuse those sent to help. Ask someone to find a simple solution. Have courage when dealing with management.



VIRGO
AUG 24-SEPT 22
A friend needs more time to say goodbye. A new plan will be counter-productive. Your patience will be rewarded.



PISCES
FEB 19-MARCH 20
A wicked person walks a stony road. Don't make anybody look silly. Think carefully before making a drastic change.



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WORDY GURDY

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words like PAT CAT and DOUBLE TROUBLE, and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

- Pub quaff yarn (1)
- Jump over a jolopy (1)
- Hint of color on a door pivot (1)
- One who nourishes a Lebanon tree (2)
- Chap's capes or spy garb (1)
- Uncomplicated golf ball indentation (2)
- Plumps up poultry at KFC (2)

ANSWERS: 1. PAT CAT 2. LEAP HOP 3. HINT HUE 4. NURSE NURSE 5. BLOOM BLOOM 6. SIMPLE HOLE 7. THICKEN THICKEN 8. PLUMP UP

This day in history

MARCH 31, 1889: The Eiffel Tower is inaugurated.

MARCH 31, 1918: Daylight saving time goes into effect in the United States for the first time.

MARCH 31, 1949: The Dominion of Newfoundland joins Confederation and becomes the 10th Province of Canada.

MARCH 31, 1959: The 14th Dalai Lama, Tenzin Gyatso, crosses the border into India and is granted political asylum.

MARCH 31, 1979: The last British soldier leaves the Maltese Islands. Malta declares its Freedom Day (Jum il-Helsien).

MARCH 31, 1994: Human evolution: The journal Nature reports the finding in Ethiopia of the first complete Australopithecus afarensis skull.

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